	Nutrition Education Lesson
	Kindergarten (TL-K-4)
Nutrition	This lesson is designed to increase students' knowledge of milk as a healthy beverage.
constructs	The research is used. Since to miscourse the miscourse and
Iowa Core	RL.K.1 – With prompting and support, ask and answer questions about key details in a text.
Supplies	Physical Activity Card Set (provided) Time 15-20
needed	A book encouraging students to drink milk (<u>The Milk Makers</u> by Gail Gibbons is a good choice or ask your nutrition educator for recommendations) required
Lesson	 Begin this lesson by doing a few minutes of physical activity with your students. Choose an activity from the physical activity card set provided. Take the opportunity to remind your students how important it is to be active throughout the day to keep our bodies and minds strong.
	2. Have students form pairs.
	3. Instruct students to tell their partner what their favorite things to drink are and why. After a short wait, have some students share what their partner said.
	4. Ask students to guess which healthy drink, you're describing. Encourage students to wait to guess until you're done with the description. This drink is delicious, especially when it's icy cold. This drink is full of calcium protein and healthy vitamins. It builds strong bones and teeth and helps us grow. Kindergarteners should have two and a half cups of this drink every day. This drink is white and comes from a cow. What is it?
	Students guess!
	 5. Read a book about milk. The Milk Makers by Gail Gibbons is a good choice or ask your nutrition educator for other recommendations. Discuss key points from the book you choose with the students emphasizing the health benefits of milk described in #4 above. Use a book discussion style that is routine for your classroom.
	6. Ask a few students to share aloud when and how they drink milk.